Training Plans ∘ 5K Beginner

Running a race is a wonderful endeavor–one that will likely improve many parts of your life. But when you're embarking on a training program for the first time, it's important that you are well enough to do the physical training. I recommend seeing a medical expert that can give you a clean bill of health before you start running program.

After getting the OK from your doctor, the first thing to do is find a race you want to run. You can find races in newspapers, various running magazines or on the Web. There are races almost any weekend within one hour of your home.

To prepare for your race, you'll want to create a sound training program. When starting a training program, remember that it takes time. On your first day of running it is ok to walk and jog. Trying to do too much too fast will cause problems.

For example, I coach high school cross-country in New Hampshire and consistently have to deal with the lack of preseason training. Students come back to school and jump right into training with out doing any running over the summer. They often get shin splints after a couple weeks of running and, then, are forced out of competitions because of the injury. If they only took their time and did some training over the summer, injuries, like shin splits, would be less likely.

Don't be afraid to start slowly. I feel any running the first few days mixed in with walking is a great start. I'd try running 5 minutes and walking 10 minutes and see how that feels. I have devised a sample 5k training program for someone wanting to run a 5k for the first time.

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Week 1

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Brisk walk, 30 min.	Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat.	Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat.	Brisk walk, 30 min.	Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat.	Walk, 10 min. Jog, 5-7 min. Walk, 5 min. Repeat	Walk, 10 min. Jog, 7-8 min. Walk, 5 min. Repeat.

Notes:

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Week 2

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Brisk walk, 30 min.	**Walk,** 10 min. **Jog,** 8 min. **Walk,** 5 min. Repeat.	**Walk,** 10 min. **Jog,** 10 min. **Walk,** 5 min. **Jog,** 5-7 min.	**Brisk walk,** 30 min.	**Walk,** 10 min. **Jog,** 10 min. **Walk,** 5 min. **Jog,** 5-7 min.	**Walk,** 10 min. **Jog,** 10 min. **Walk,** 5 min. **Jog,** 7-10 min.	**Walk,** 10 min. **Jog,** 15 min. **Walk,** 10 min.

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Week 3

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Brisk walk, 30-45 min.	**Walk,** 10 min. **Jog,** 10 min. **Walk,** 5 min. **Jog,** 10 min.	**Walk,** 10 min. **Jog,** 12-15 min. **Walk,** 5 min. Repeat.	**Brisk walk,** 40 min.	**Walk,** 10 min. **Jog,** 15 min. **Walk,** 10 min. **Jog,** 10 min.	**Walk,** 10 min. **Jog,** 10 min. **Walk,** 5 min. Repeat 3 times.	**Walk,** 10 min. **Jog,** 20 min.

Notes:

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Week 4

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Brisk walk, 40 min.	**Jog,** 15 min. **Walk,** 5 min. Repeat.	**Jog,** 10 min. **Walk,** 5 min. Repeat.	**Brisk walk,** 45 min.	**Walk,** 10 min. **Jog,** 20 min. **Walk,** 5 min. **Jog,** 10 min.	**Walk,** 10 min. **Jog,** 25 min.	**Walk,** 10 min. **Jog,** 15 min. **Walk,** 5 min. Repeat 3 times.

Notes:

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Week 5

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Brisk walk, 30 min.	Walk, 10 min. Jog, 10 min. Walk, 5 min. Repeat 3 times.	Walk, 10 min. Jog, 25 min.	Brisk walk, 30 min.	Walk, 10 min. Jog, 15 min.	Day off.	Run your 5k!

Notes: